

Community  College

CAMPUS NEWS

A Print Newspaper Distributed at Many Two-Year Colleges in the Northeast.

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Why isn't college more like TV?

Julianne Mosher
Campus News

With the struggle to maintain a “full college experience” but also save money by commuting to school, some students are beginning to question whether the drive is really worth it.

The media is famous for making college seem like a wild and crazy time for young people. Frat parties, keg stands and experimental drugs are what singers, movies and television shows preach to students claiming college is where one goes to break free of parental control and essentially let loose.

Rapper Astor Roth became famous in 2009 for his song, “I Love College” in which he described the ideal college experience of drinking with naked women, saying, “Do I really have to graduate or can I just stay here for the

rest of my life?” However, he does not mention the workload students face while attending school and the competition for a job that college also influences.

“Movies and TV make it look like so much fun and people say college is the time to experiment or it will be the best years of your life,” Jenna O’Toole, a senior at Stony Brook University, says.

“I only have the real college experience when I visit friends at other schools. Stony Brook isn’t a real college if you commute.”

With this mindset, movies



like the 1978 film “Animal House” and 2008’s “College,” starring Drake Belle, put ideas into young people’s minds that college is not really college until one goes out and lives while not having to answer to a parent when they come home from class or work.

“When you go away, you feel more independent and

free where as if you’re commuting, most people still have mommy and daddy and a house to come back to at the end of the day,” says Kevin Clarkson, a 21-year-old Suffolk County Community College class of 2013 alumnus.

But the struggle to dorm at

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Can a commuter have the ‘college experience’ we hear so much about?

Good nutrition – even in the cafeteria

Nathaniel Villano
Campus News

Before you open up that package up of Ramen or crack that can of soda, you might want to reconsider. Soft drinks and microwavable foods are a hot commodity among college students living in the dormitories. These snacks are great if you’re in a pinch and want something quick; however if you take a look at their caloric content you may change your mind.

Soft drinks are one of the number one culprits in calorie consumption. By just replacing each glass of soda with a glass of water you can significantly cut down your caloric intake. According to a study done by sugarstacks.com, one can of Coca-Cola has about 39 grams of sugar. That’s the equivalent to 10 sugar cubes, yikes! If you are not a fan of just plain water, try adding a few slices of your favorite fruit or vegetable. Not only will it add flavor to your water, but it’s also an easy way to get extra vitamins and minerals.

Who could forget fruits? The classic and healthy alternative, that provides sustained energy throughout the day. “I like to eat bananas for the potassium, and apples for the ursolic acid, which helps build muscle,” said David a sophomore at the University at Albany. Not only do they provide nourishment but also they’re great for curbing an appetite when you’re bored. It’s just how the old saying goes: “An apple a day, keeps the doctor away.”

Raw vegetables are an excellent source of vitamins and minerals; just make sure you wash them off before you eat them. If eating them raw is not your forte, try dipping them in your favorite dressing. If you have a long day ahead of you, fill up a small

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Nassau's President Saunders relishes role

Darren Johnson
Campus News

While he has yet to declare his candidacy for the permanent presidential position at Nassau Community College, Dr. Kenneth Saunders is definitely playing the part.

Each day is busy, and fast-paced, and he's enjoying himself in the role of Acting President.

"There is no such thing as a typical day or week for a president," he said. "But I love it. The role is challenging and demanding, but it's everything that I had thought it would be, and everything I had hoped for."

Saunders really has had an unusual trial run as leader of SUNY's largest single community college campus. He is in his 14th month since SUNY approved his appointment in January 2013. Some permanent presidents don't serve that long, including Saunders' predecessor.

The NCC Board of Trustees in February decided to do put out a Request For Proposals (RFP) to headhunting firms to commence a nationwide search for a new permanent president after a failed search in 2013.

The RFP is a requirement for a presidential search by SUNY guidelines, but that doesn't mean that Dr. Saunders can't apply for the job.

By the time a search is completed and a finalist comes on board, Saunders

SUNY could officially approve him. He also became NCC's first African-American leader.

And Saunders seems to have learned a good deal from Astrab's controversial tenure. In many ways, his leadership style is quite the opposite – Saunders spends much of his time meeting with the various governing groups on campus, listening to their concerns, and making decisions in a very fair and even-keeled manner.

And NCC has a lot of groups, each with different, and sometimes conflicting, demands. Along with the Board of Trustees, there are unions for full-time faculty, adjunct faculty and staff, a presidential cabinet with VPs and other non-union administration and many student groups. "I like the energy of all of the interactions, but, ultimately, the impact I can have on our young along with our returning older students gives me the most satisfaction," he said.

Saunders describes his approach as "unconditional positive regard." He goes into each meeting, large and small, with no personal or political agenda. He listens first, and then offers his ideas.

"I don't look for adversity," he said. "I like to conduct meetings where people feel free to come forward and feel valued. The conversations must go both ways."

The approach has worked, largely. When Saunders was first appointed at an

From Hurricane Sandy to an adjunct faculty strike, Dr. Saunders has had a busy trial as president.

may have two years of service as Acting President under his belt. It may be safe to say he is a frontrunner for the position, though the carefully-spoken Saunders is not yet saying what his plans are.

But he sure is relishing his leadership position. "The buck stops with you when you're the Acting President," he said, when asked how this role was different than his previous roles as Executive VP and VP for Academic Services for NCC, the latter title he had held for 12 years.

The 57-year-old Saunders has spent his whole career in higher education, and has successfully maneuvered the minefield that comes with being a president at a public college, especially in an at-times contentious county like Nassau.

First, there was the messiness of former President Donald Astrab's resignation in the summer of 2012. Having had only been approved by SUNY in February 2010, Dr. Astrab actually served less time in the top role than Saunders has so far.

Astrab's lack of consensus building led to two no-confidence votes by the faculty. At first, the NCC Board of Trustees was behind Astrab, but the cacophony from the unions became overwhelming and Astrab was shown the exit. Dr. Saunders was named "Officer in Charge" until

NCC Board of Trustees meeting, the faculty in attendance cheered loudly. Soon after, Hurricane Sandy hit and NCC became the largest Red Cross refuge site in the county. Saunders took to YouTube with Dr. Kimberley Reiser, Chair of the Academic

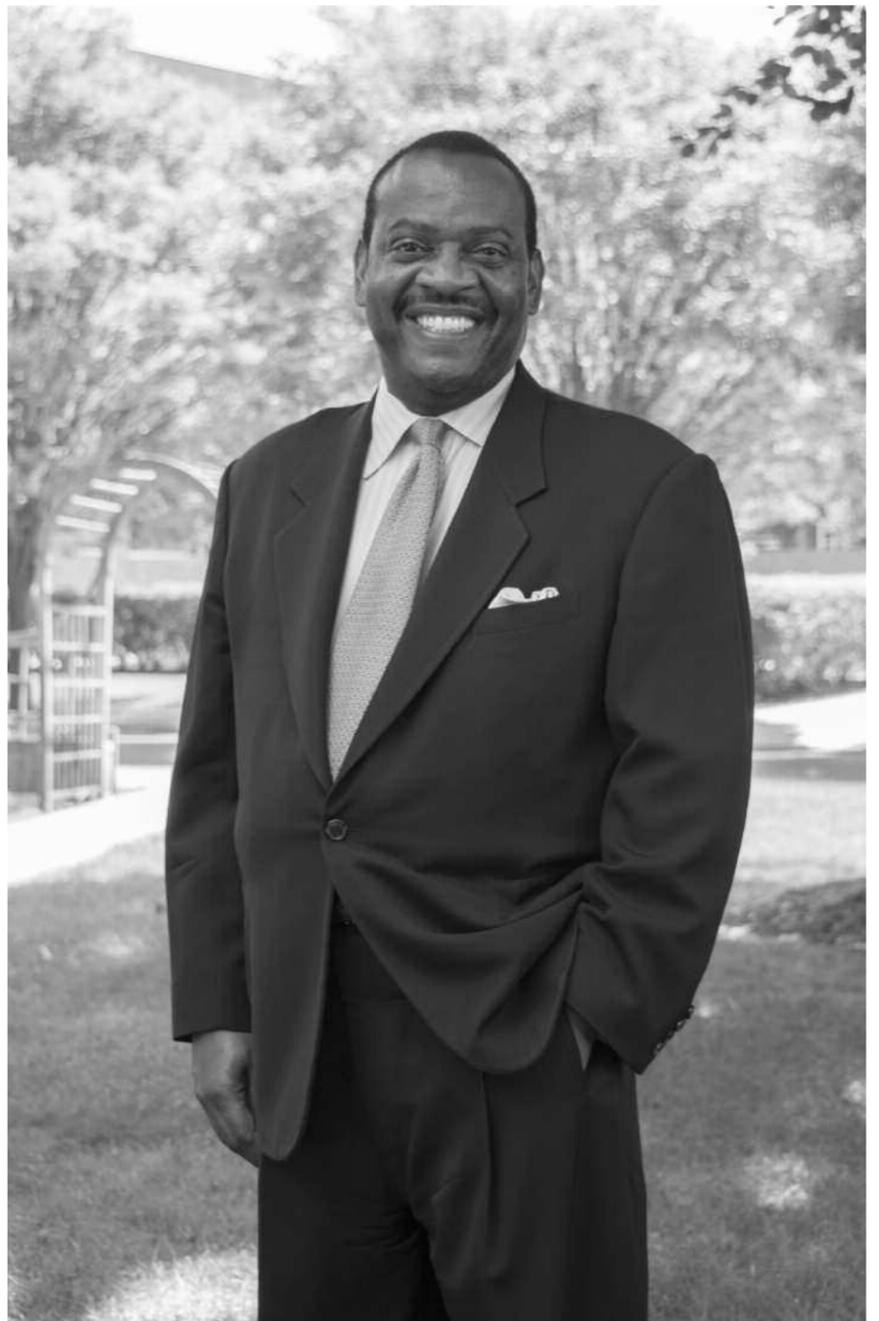
Senate, in a show of unity and calm during that unprecedentedly trying time for the college.

When many of NCC's adjuncts went on strike – which made national news – Saunders calmly told students to still go to class. A judge ruled that the adjuncts could not strike, and they went back to work without as many headlines. As so many classes are now taught by adjuncts, that situation could have ended much worse. Most adjuncts did not participate in the strike, and only 10 percent of classes were affected.

Last summer, after the NCC Board of Trustees conducted their first presidential search and did not include Saunders in the group of three finalists (Newsday editorialized that one finalist had little academic credentials, but was a politically connected judge in the county), Saunders found a big ally in SUNY Central Administration in Albany.

Ultimately, a president anywhere in the SUNY system must have approval from the Chancellor, Dr. Nancy Zimpher, and the SUNY Board of Trustees.

'I like to conduct meetings where people feel free to come forward and feel valued.'



SUNY came down hard on the NCC Board for a fatally flawed search and demanded a redo, allowing Saunders to stay in his current role as Acting President and allowing him the chance to apply again. Saunders himself said to Newsday at that time that the NCC Board's search process was "unfair," but did not say much else publicly. He certainly is not a bridge-burner.

Meanwhile, the NCC Board of Trustees saw its secretary resign and another member accused of making racially and sexually insensitive comments, in an email, by a faculty member and the student group ALANA (African, Latino/a, Asian, and Native American).

Earlier this year, Nassau County Comptroller George Maragos reported that NCC was still owed at least \$14M in revenue, dating from 2006 to 2012, from past students who did not pay. Obviously, this billing fiasco happened before Saunders' time as Acting President, but he quickly reported that \$4M of the revenue had already been collected. In a letter to Newsday, he reinforced the excellent education coming from the NCC faculty, noting the "qualitative implications of NCC's lower faculty-student ratio."

Whether or not he will someday be permanent president, Saunders still has been long-term planning.

First, he sees that the college could extend its fundraising reach, being in one of the country's wealthiest counties. As far as government relations, he has ramped up meetings with local and state elected

FAVORITES

President Saunders' favorite jazz albums

Eric Reed – *Something Beautiful*
Miles Davis – *Kind of Blue*
Nancy Wilson – *Gentle Is My Love*

Favorite dishes to cook

Grilled horseradish marinated lamb chops.

Stewed salmon steaks in a portabella; red and yellow peppers in a red wine vinegar sauce.

Angel hair pasta tossed with tomatoes, capers, shrimp and scallops; sautéed in garlic and butter.

officials, who help decide NCC's local and state aid. He also is involved in helping negotiate with the full-time and adjunct faculty unions for their long-term contracts, and is in regular contact with the unions and the NCC Board of Trustees.

He believes that NCC should be more proactive in its use of technology in education. As well, he sees older, returning students, including veterans, as a

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Why isn't college more fun? (cont. from cover)

universities or consider commuting to a community college is difficult especially in today's economy.

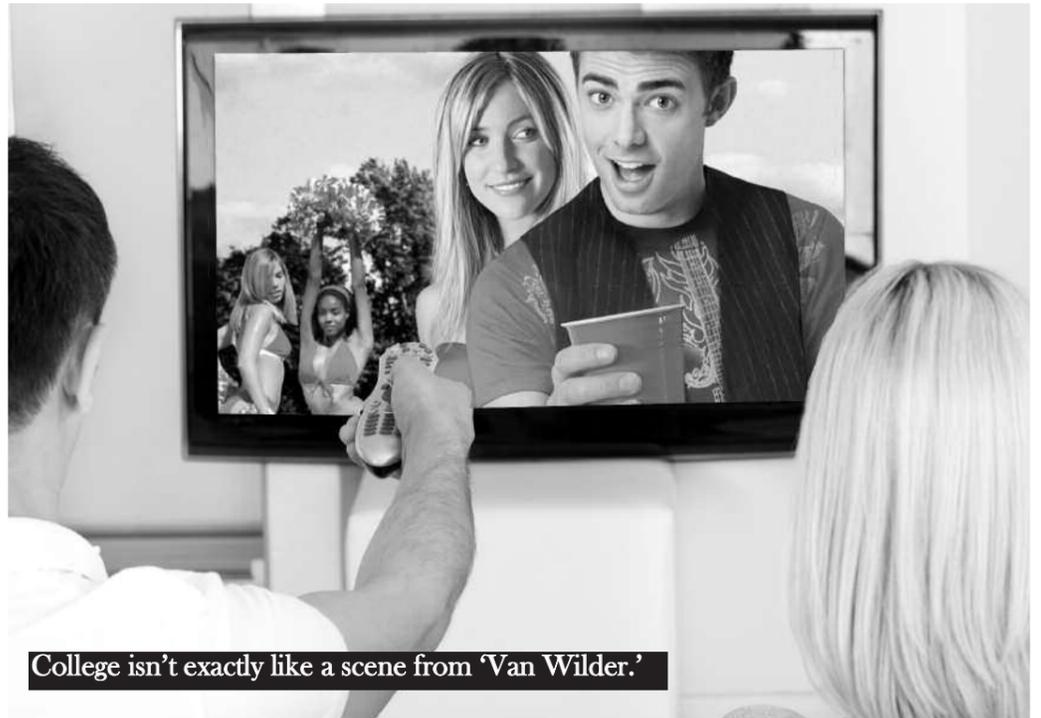
Stony Brook University sophomore Jeremy Allen says that he originally started as a residential student but soon switched to commuting after realizing how expensive it is to dorm.

"Being a commuter is hardly considered the college experience," he says. Allen acknowledges the fact that he isn't as energetic as his college peers, saying, "We just live completely different lives - a life that is even looked down on by my former suitemates having 'abandoning them.'"

Along with having easier access to social gatherings - and parties - while living on campus, residential students also find ease in joining teams, clubs and study groups helping them with the competitive future college students

ships, jobs and philanthropy. However, this causes even more stress and tension for those commuting who often also work retail jobs, babysit or have responsibilities while living at home.

"College is nothing like it is in the movies. Being a commuter student is obnoxiously difficult to be involved on campus," Allen remarks. "Nothing is worse than trying to cram everything in a three days week - studying in the library, clubs, teams, friends, etc. - and the other four days being a hermit in my room studying and watching Netflix," he said.



'College is nothing like it is in the movies. Being a commuter student is obnoxiously difficult to be involved on campus.'

eventually face.

On a resume, employers look for stellar grades, honor societies, intern-

ships, jobs and philanthropy. However, this causes even more stress and tension for those commuting who often also work retail jobs, babysit or have responsibilities while living at home. You need to learn to get up on time, how to do your

James Walters, a broadcasting major at Suffolk County Community College, says that he doesn't think the movies show a good sense of how much responsibility comes with the independence of living in a dorm.

"You're not living

laundry, etc.," he says. And although he hates waking up extra early to find a parking spot in the crowded lots of the college, Walters believes starting small was a good thing.

"I'm happy I commuted first; college was a big adjustment for me and I don't know how I would have been able to handle it," he says.

Now, the 19-year-old will be transferring to SUNY Oswego next year where he will begin to dorm.

While many commuter students complain about the difficulty of balance, Marco Ponzio, a senior at Stony

Brook University, says that if students are going to commute, one needs to learn scheduling.

"You have to give yourself time and plan your day to get the full experience of club activities and workload," he says.

The double major of psychology and sociology also says that it isn't necessarily the commuting that is rough but, "it's just if you want to be involved in things you have to try a bit harder to."

Eating the in the cafeteria: Nutrition tips (cont.)

sandwich bag of your favorite vegetables and toss them in your bag. You'll be surprised how much energy they can provide you throughout the day. "I like to eat raw vegetables, as I feel like they tend to lose their natural crunch when cooked," said Dan Bellick a junior at the University at Albany.

Ramen Noodles are a very popular snack in the college community. The only problem with them however, is their high sodium content. If you're looking for a soup alternative check out Campbell's line of low sodium soup. The same great taste you've come to know and expect, but with a lower sodium content.

If you don't mind the extra expense, try and invest in a blender. Blenders are great for making vitamin-enriched smoothies. All you need are" your favorite fruits, juice, one or two of your favorite vegetables, some ice, and of course a blender. However you want to switch it up, the Internet can provide you with a list of smoothie recipes. Making smoothies can help fill your stomach up and keep you feeling full throughout the day.

Fruit slices are another alternative, and with a little bit of peanut butter you can have a great tasting snack in a matter of minutes. With a knife, carefully cut your fruit of choice into slices and apply a thin layer of peanut butter. Not only is your body absorbing the nutrient from the fruits, but also peanut butter is a good source of protein. This is ideal for those who like to snack late at night, and would like to avoid the guilt trip of eating greasy foods before bed.

Let's not forget about oatmeal. It is an easy snack and can be made in just a matter of minutes. If plain old oatmeal doesn't do it for you, and you're feeling a little daring, try sprinkling on cinnamon or a little bit of brown sugar. Oatmeal expands in the stomach, keeping you full for an extended period of time. This is especially helpful for students, who have classes early in the morning and throughout the day.

Some people might remember string cheese as an all time favorite snack when they were a kid. If you weren't aware though not only are they still great to snack on, but

also they can be nutritionally beneficial. Mozzarella sticks (part skim) are a great alternative. Small enough to conveniently put into a purse or backpack and they're only 80 calories a stick, curbing your appetite, and keeping you away from those empty calorie snacks.

Yogurt is another handy snack you might want to keep stocked in your fridge. A study done by Fitness Magazine says that yogurt is not only healthy, but provides many secondary benefits. According to their study, yogurt can help you acquire flatter abs; it contains probiotics, bacteria that can provide digestive benefits; and yogurt is a great source of vitamins and minerals. "I like yogurt, Greek yogurt is my favorite," said Nicole Klohmann a sophomore at the University at Albany. "I like to add fruit, almonds, or both."

Looking to replace that bag of greasy potato chips? Keep an eye out for Blue Diamond 100-calorie packs of almonds. According to livescience.com, a study done by researchers analyzed the feces and urine (gross!) of people who ate different amounts of nuts. Their study showed,

that the more nuts people ate, the more fat that was excreted out of the body; and if there is one thing everybody loves, it's easy ways to lose fat.

Perhaps it's movie night in the suite and you want popcorn, but you don't want all that salt and butter. Try making yourself air popped popcorn; air popped popcorn is regular popcorn, but without the extra unhealthy additives such as butter and salt. Take a trip down to your local Walmart and for about \$5 you can pick up a jar of popcorn kernels. All you need is a microwave, a lunch bag, and a handful of kernels. Put them in the bag, fold it closed and put it in the microwave for about two minutes and 15 seconds; and viola, you now have healthy serving of popcorn.

Following these guidelines, you can easily keep up a healthy lifestyle. It's important to be in the know and keep tabs on what you're eating. It's not to say that you have to give up eating instant macaroni and cheese or Ramen Noodles. However keep in mind the phrase, "everything in moderation."



Rating presidents: The good, the bad and the slick

Caitlin Turner

Scripps Howard Foundation Wire

That presidents FDR, JFK and Reagan are immortalized involves more than their magnetic personalities.

They may have come along at the right time, but taking campaign promises and turning them into realities can be problematic for any president.

“Success is based in part on meeting very public diverse expectations,” Stephen Wayne, a professor in the Department of Government at Georgetown University, said. “And of course when you campaign, you tell people what they want to hear without necessarily telling them what your priorities are or what’s more important and what’s less important.”

As possible candidates for the 2016 presidential election fall in line, they will be examined by voters who tend to look at past presidents and compare them to the new candidates. But popularity is never certain.

Since President Harry Truman, the average approval rating for all presidents is 54.1 percent. The highest rating was Kennedy with a 70.1 percent average over his time in office, and the lowest was Truman with a 45.4 percent average.

“It was his youth, his rhetoric, the myth about him to a great extent that keeps him high on the list,” James Thurber, a professor in the Department of Government at American University, said. “But, in terms of

legislative accomplishments, Johnson really accomplished much of what Kennedy wanted.”

In the presidency today, party politics can make or break the commander in chief.

“Obviously, in a democratic society, success is based on favorable public evaluations,” Wayne said. “Secondly, in the political system, success is based on the achievement of political goals, which include policies, elected officials, getting people you want in, satisfying the various units in the party, making it stronger for the next time around and stuff like that.”

Wayne, who specializes in presidential politics, has written several books on the office and served as the president of the Presidency Research Group and the National Capital Area Political Science Association.

Timing is everything when it comes to presidential success.

“I think that it helps to have a major crisis,” Thurber said, “like with FDR and the crises of the Great Depression as well as World War II. And it helps if a person has policies and speeches and actions that are related to solving the problems of war and depression.”

Thurber, the author of several books, including “Obama in Office,” is the director for the Center for Congressional and Presidential Studies at



FDR, JFK and Reagan.

AU.

Wayne and Thurber said the promises fulfilled from the campaign and the political leaning of Congress have a lot to do with how much a president gets done, but personality is also key.

“I think the American people certainly want someone who is honest, someone who has integrity, someone who has empathy,” Thurber said. “Sometimes, Obama doesn’t show an appropriate amount of empathy, which comes from your soul and your experience. He’s a little too analytic sometimes.”

In a 2011 Gallup poll, Americans listed Ronald Reagan as their favorite

president with 19 percent of the vote. The runners-up were Abraham Lincoln and Bill Clinton. President Barack Obama fell in the middle of the pack with 5 percent of the vote, and Richard Nixon, Lyndon Johnson and Andrew Jackson tied for last.

“This president has great rhetoric,” Thurber said about Obama. “He is a great speaker, but still you have legislation and then also whether that legislation, after it’s passed, gets implemented. And finally, whether the outcomes really solve the problems that they are dealing with.”

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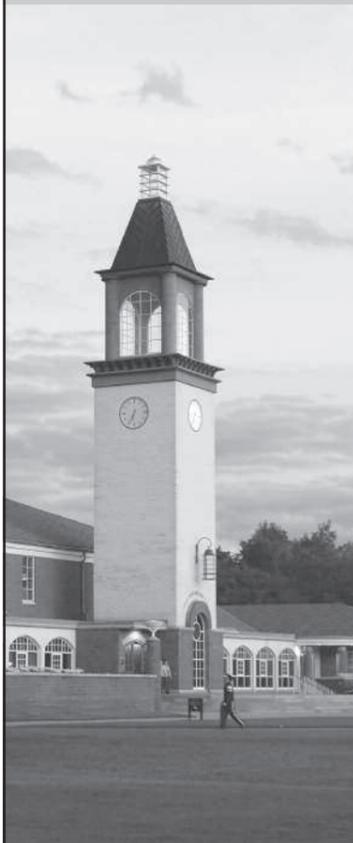
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Be alert: How to stay safe on campus

Nathaniel Villano
Campus News

Whether you're living in a house in downtown Albany or you're living on campus, criminal activity may still occur. In recent news two men were arrested for assaulting and robbing a student living on the Indian Quad at The University at Albany at about 6:40 P.M. The student (whose name was not released) had been under the impression his assailants were trying to sell him an electronics item. If you are planning to meet someone you met on Craigslist to purchase anything, it is best to meet in a public and well-populated area.

Being mugged both on campus and downtown is a very serious and a potentially life-threatening scenario. If your assailant is holding you up by knife or gunpoint, it's best to give up what you have unless there is a way out. Things such as cell phones, credit cards, and pocketbooks are all replaceable. However your life on the other hand, is not.

There are multitudes of ways to protect yourself from assailants in the event you become assaulted. Pepper spray is a very effective tool for temporarily blinding your attacker but, keep in mind, it may only be used for self-defense purposes only. Pepper spray is legal to carry in the state of New York, however you must be over the age of 18 to purchase it.

If pepper spray isn't enough to make you feel comfortable, try to enroll yourself in a class such as Taekwondo or Mixed Martial Arts (MMA). Not only are these classes a good workout but also they teach you how to defend yourself. Taekwondo is a mix of combat, self-defense, sport and

to end up in a situation walking by yourself try to keep anything fancy and flashy out of sight as you will become a walking target. There's nothing a thief loves more than seeing somebody by himself or herself sporting nice accessories.

However being mugged isn't the only thing to worry about. On campus and off campus room invasions have happened before and if the right precautions are not taken they will happen to you. Living on campus, make sure you lock your suite door if you don't already have it set to locking behind you. If you are somebody who constantly leaves the door unlocked and your belongings are stolen the university is not responsible. You should also be aware of who knows that the suite door may be unlocked at times. "Random people won't know where valuables are, but friends will know exactly where to look," said Jesse Gillette a junior at the University at Albany.

Having to swipe into the dormitories does make invasions harder but not impossible. If you see somebody waiting in the vestibule unable to swipe in, think twice before you let him or her in. "If you are waiting inside the vestibule ask them to show you their SUNY ID before opening the door," said Rachel Kukuliev a sophomore and a residential assistant (RA) at the University at Albany. "Don't prop the doors open either. That's just asking for trouble and it's illegal."

Leaving the door unlocked can result not only in having your belongings swiped, but giving the opportunity for strangers to walk right in as well. On Sunday, Feb. 2nd, 2014, around 12:50 A.M. a female student had awoken to find an unknown male standing in the

middle of her room, engaging in an act of public lewdness. An email was sent out by the University Police Department (UPD) reminding students to lock their doors at night.

If you live downtown off-campus your risk for an invasion is a little bit higher not having the security that the on-campus dorms have.

If you or your housemates leave during the day and leave an empty house, always remember to lock the door. Unlike the suites on campus, doors to a house do not lock behind you. At night make rounds and make sure all of the doors are locked and windows are secured. If you don't already have a house downtown but are on the search, be aware of the neighborhood surrounding you. Not all areas of downtown are friendly.

While the library might seem like a safe haven from crime, thievery does occur and it's usually because somebody left momentarily for a bathroom break. Unless you're with a group of people you should not leave your things unattended especially being in an isolated part of the library. Once you step away this gives anybody an open opportunity to take your things and make a clean getaway.

If you have to use the restroom it may behoove you to put your belongings in a backpack and take them with you. "I don't leave my things unattended. If I have to get up I either bring my things with me or have someone I



trust watch it, if they happen to be in the library, too," said David Lynch a sophomore at the University at Albany. Depending on what you have with you it might be a headache, but having them swiped is an even bigger headache and the university will not take responsibility and will be less likely to lend you a helping hand.

In order to make sure you keep yourself and others safe always keep these

things in the back of your head. Doing so will prevent problems, high stress levels and headaches. While it might seem like common sense and you might say to yourself, "Who forgets to lock the door to their room/ house?" or "Who leaves their stuff unattended?" it happens and issues such as these are easily avoidable.

'When it's dark, I normally walk in areas that have a lot of lights. I like to travel with someone or a group.'

exercise. MMA however teaches you striking and grappling techniques whether you're on your feet or on the ground. Both are very useful in the event you are assaulted.

Make sure you're always aware of where you are your surroundings and to avoid poorly lit areas. "I don't wear my headphones when I'm alone so I can be aware of my surroundings," said Celene Fren, a sophomore at the University at Albany. "When it's dark, I normally walk in areas that have a lot of lights." If you can, try to make an effort to travel in groups at night especially in areas downtown. "I like to travel with someone or a group," said Celene. Traveling in big groups often defers degenerates away.

Walking alone at night sometimes is both nerve wracking and frightening. Every small sound can make the mind wander and begin to overthink what's really going on. Stories about students being held up by a weapon and robbed begin to make the mind race even faster; you begin to formulate worst-case scenarios. Bigger targets for assailants are those wearing nice jewelry in plain sight. If you happen

I've Realized My Dream of Helping Others

Diana Greene - Class of '11
Kindergarten Teacher

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Check your ego at the door – and ask for help

Jonathan Lopes
Campus News

I would characterize my psychological health as ever evolving. I went through a large period as an adolescent as a simple minded and comfortable, yet largely unaware of the outside world and exposed glimpses of internal insecurity. High school served as a perfect example of this.

Until the latter part of my high school tenure, I didn't realize or care about much. I was a decent person, just oblivious to the importance of education. Once the idea of college came about, then these doubts and lack of preparation surfaced, revealing my insecurity and little emotional autonomy. I became proactive after the idea of becoming unproductive once again, which led to the label of "loser", almost drove my transition into adulthood.

Normally, if one is on the two year community college track, one should begin searching for which schools to transfer by their third semester. Due to my lack of confidence, I lied to my peers and mentors about looking at other schools. Ironically enough, I was a well-rounded student at this point, socially, professionally and academically. I learned from my underwhelming and lazy performance in high school that college wouldn't tolerate the same. I didn't want to start over and fail like I did in high school. I was an average student in high school, enjoying the time, but not realizing how importance and vital the experience was.

Several Raritan Valley Community College (RVCC) administrators are the main reasons why I transferred successfully. A few assisted me with letters of recommendation and the application

forms. One mentor, she knows this is about her, realized that I was misleading people about my future and took more of a direct approach. My fondest memory of my time in RVCC was having breakfast with her once or twice a month. We had plenty of conversations on my future aspirations and goals. During this time of insecurity, she

spective, support and confidence through my work and interaction with peers.

As noted earlier in this entry, I see my mental health as ever developing, because life is a constant place of change. I deal with a lot more stress and pressure, especially as a first generation college student and graduate who

'The four main aspects of emotional intelligence consist of perception, understanding, reasoning and managing.'

asked me to do her a favor and talk to a counselor about my issues, for which I complied. This began my on and off stint with mental health counselors.

After that initial meeting, I wouldn't interact with a counselor for about one full year. I wasn't avoiding anything, I just simply did not feel the need or desire to seek one. Once I encountered a personal friend experiencing issues concerning self-harm, I became proactive in meeting with individuals and reading literature for her benefit. Eventually, these meetings transitioned in to my feelings regarding pressure and the idea of committing fraud. In other words, I felt I cheated my way to success. It was based upon insecurity and paranoia.

Through the occasional appointments, I was able to accurately put things in perspective. My various roles as a student leader, most notably as a resident assistant and green dot (mission to stop interpersonal violence) member would allow me to gain per-

is now taking on graduate school. Completing pieces such as these really do allow one to reflect back. It is amazing that it really isn't a cliché, people encounter more and more life experiences as they get older. In turn, it influences their character development.

The ability to express and control our own emotions is important, but so is our ability to understand, interpret, and respond to the emotions of others. In conjunction to the comments regarding psychological health, my emotional intelligence has changed dramatically over the last four years. Thanks to the inclusion of mentors, occasional meetings with counselors, classes concerning psychological health and activities such being a resident assistant and peer educating, my knowledge of emotional intelligence has vastly changed.

Emotional intelligence (EI) refers to the ability to perceive, control and evaluate emotions. I believe, at least in my case, emotional intelligence was learned and strengthened through edu-

cation via literature and life experiences. The four main aspects of emotional intelligence consist of perception, understanding, reasoning and managing. As a current professional and former student leader, the opportunity to interact, listen and empathize with the various dilemmas and concerns people encounter, as well as face on a daily basis is refreshing, yet sad. It is refreshing in the sense that we are imperfect individuals who experience various things and are willing to show compassion and support for one another. It is sad, because no one deserves the hardships that adversely may affect their mindset and consume their time.

Now then, my ability to confer with others on a much deeper level, avoiding petty issues involving gossip and what not, has evolved. I now often feel comfortable and secure in speaking my mind to professors, mentors, supervisor and my peers. The ability to question each other in a respectful manner and relay our thoughts and opinions is a skill. Some may not think so, but the concept of feelings is similar to that of public speaking. Both require an individual to express views and ideas while exposing themselves to the outside world and becoming vulnerable. In conclusion, arguably the worst thing to feel is the sense of regret and wondering what could've been. All colleges have health and counseling offices that provide free and confidential services to all students. Never be afraid to ask for help, regardless of the issue!

Jonathan Lopes is a graduate of Raritan Valley Community College and Ramapo College of New Jersey and current graduate student/graduate assistant at Rider University.

As India's economy fades, will elections bring change?

Kritika Gadhvi
Scripps Howard Foundation Wire

With a high inflation rate, few jobs and rampant corruption among other social issues, Indian citizens will soon decide whether to change the current government.

The growth rate of the country is declining swiftly, and the inflation has reached an all-time high of 8.9 percent. The election commission has yet to decide on the date for parliamentary elections, but April is most likely.

The two major parties to look out for are the Bhartiya Janta Party and the Congress, which now controls the government. While BJP has announced its prime ministerial candidate, Narendra Modi, chief minister of the state of Gujarat, Congress says that it does not need to do the same.

Prime Minister Manmohan Singh, who has been in office for almost 10 years, is not expected to be a candidate.

While the whole nation is debating who will win in this face off, the major issue in the voters' minds is the unstable economy. The nation is looking for someone who will promise to improve the economy, more job opportunities

and better security.

Three outcomes are possible. "Scenario number one is that BJP gets on its own between 180 and 190 seats, with the addition of allies could get 200 seats, and Modi becomes the prime minister," Milan Vaishnav, associate at the Carnegie Endowment for International Peace's South Asia Program, said.

He spoke at a recent conference at the Atlantic Council.

The Lok Sabha, the lower house of Parliament, has 552 seats, and 272 seats are needed to form a government. BJP is currently expected to sweep more than 270 seats.

Vaishnav discussed two other scenarios. In one, BJP falls short of 270 and still comes to power with the help of smaller parties, but Modi gets side-lined for a more probable PM candidate. The other scenario is that BJP underperforms, which is highly unlikely, he said.

"The latest polling says that BJP is expected to win, as the rural support for BJP is increasing, surprisingly. And Congress, despite passing several bills like the food security bill in favor of the rural population, seems to be losing their support," Raj Desai, associate professor of

international development at Georgetown University, said.

Desai said that BJP can sweep 220 seats, but anything above that depends on how deep the party can penetrate in the Congress constituencies. The question is whether the minority groups with traditional Congress voters will be able to pull off such a turnout.

"Until now, the discussion was really about who is going to win, and now we have come to a point where we need to start thinking about what a BJP government would mean," Sadanand Dhume, resident fellow at American Enterprise Institute, said. The general opinion of the speakers was that BJP will form the next government.

Vaishnav said that any new government should look at getting the economy back on track and tackling the growing deficits and the collapse in the investment cycle. He said that if BJP talks about better economic policies it might be able to tap in on the Congress voters. "Traditionally, minorities – Muslims – have never voted for BJP and add the Hindutva ideology to it, it's a bad mix. But, Modi is preferred amongst the Dalits and the tribals," he said.

Dalits are a part of the population formerly referred to as untouchables or outcastes. Tribals are people who can be referred to as the aboriginal population. These are called minorities because of their low social and economic status.

Another aspect that needs attention is religious conflict. In 2002 Gujarat saw the worst Hindu-Muslim riots after India and Pakistan separated in 1947. It was alleged that the then Chief Minister Narendra Modi was involved in fuelling violence. Later, Modi was given a clean record after an investigation. Modi represents a party that is pro Hindu, and because of his alleged involvement in the Gujarat riots, Muslims are not likely to vote for him.

Vaishnav has a different take on it. He said that the country has moved on from what happened in 2002. Growth, economy and jobs are the pressing issues, and Hindu-Muslim tension ranks very low on people's mind.

"Modi is effectively communicating with the youth. He speaks of their aspirations. The youth is in awe," Vaishnav said. On the other hand, Congress is trying its best to capture the youth's attention, but failing badly, he said.

Burning a bunch of podcasts to reusable media

Darren Johnson
Campus News

All hail the CD-RW. ... The what? The poor old CD-RW (or Re-Writable CD) doesn't get a lot of press.

Invented way back in 1997, they haven't really changed much. They can still only hold about 650 MB. The CD companies would rather you just buy spindles of regular blank CD, the kinds that aren't re-writable, so they can make more profits; so there are no advertisements for CD-RWs.

For people who swap a lot of data, the basic flash drive is easier, more reliable and has more capacity. Besides, many computers don't even come with CD drives anymore.

For people who still make music CDs, the reliability and sound quality is surely better on a permanently burnt CD.

But let me tell you, there is a value for

my 2007 Hyundai and my wife's 2007 Chrysler. I'd say 80% of cars I've tried can play these.

I found I was tearing through spindles of regular CD-Rs in recording my podcasts. My car didn't have the headphone jack or bluetooth so that I could play these over, say, an iPod. Plus, hooking up an iPod gets into that whole distracted driving thing I'd rather avoid. Plus, a criminal may break a window over an iPod in your parked car.

A spindle of CD-Rs is, what, \$20? I figured I'd experiment and bought a single CD-RW off of ebay for \$1.50 (free shipping!). I dutifully put some podcasts on there (Artie Lange, Marc Maron's WTF, Adam Carolla), burnt them (you have to save as a "data" CD), and put it into my car stereo, guessing it likely wouldn't work. But it did! For talk, it's fine (music doesn't record as well - and it's best to use a regular CD-RW, not "high-speed.")

I have used this same CD-RW at least 100 times, burning and erasing, burning and erasing, with no apparent degradation. Some burns are better than others - sometimes there is a "skip" in the podcasts -

but I'd say the recordings are 99.5% good. And reusing the same CD is better for the environment!

For a regular, long-distance commuter, this is a godsend. Just who knew?

Why do this? Every car may not have

an earphone jack, blue tooth connectivity or a USB port. Second, you may want to use your cell phone and ports for other things. Car stereos still come with CD players, and most can play these. The podcast world has been exploding, with over 30 percent of Americans having listened to a podcast and over 20 percent listening regularly. So consider the handy dandy CD-RW for your listening pleasure. And the great thing about a CD player is, it remembers where you left off when you restart your car again.

How to get podcasts for a CD-RW?

You can just go to a podcaster's website, find the episodes you want, right-click to download to your PC, then drag these MP3s to the CD and burn. For a CD-RW, I recommend you completely erase it each time you are adding new content to avoid creating a disc that skips. Remember to record as a "data" disk.

For Carolla's podcast, which is mostly interesting chat of a topical nature, go to adamcarolla.com and click on "episodes." Choose the one you want and right-click "download here."

For Maron's WTF podcast, which is the comedian's witty psychoanalysis of a single guest for over an hour, go to wtf-pod.com and right-click on the word "download" under the episode you want. Some guests are better than others, so give this a few chances. You may also want to watch season one of "Maron" on Netflix to get acquainted with him.



For Artie Lange's podcast, which is the former Howard Stern sidekick's mix of sports and guests (often comedians), go to artielangeshow.com and scroll through the hours. Despite the reputation of the Stern show, Artie's show is meant to be more PG-13 rated and is also broadcast over Direct TV, Sirius radio and some FM channels. The stout "Crash and Burn" author's sidekicks are former NFL full-back Jon Ritchie, who adds some stability to the show, and Lou Costello-esque Mike Boschetti. The show is funniest when the main cast just riffs on random subjects.

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For people who drive a lot and either like audio books or podcasts, these disks apparently work in most car stereos. I rent a good deal of cars, and have tried this in

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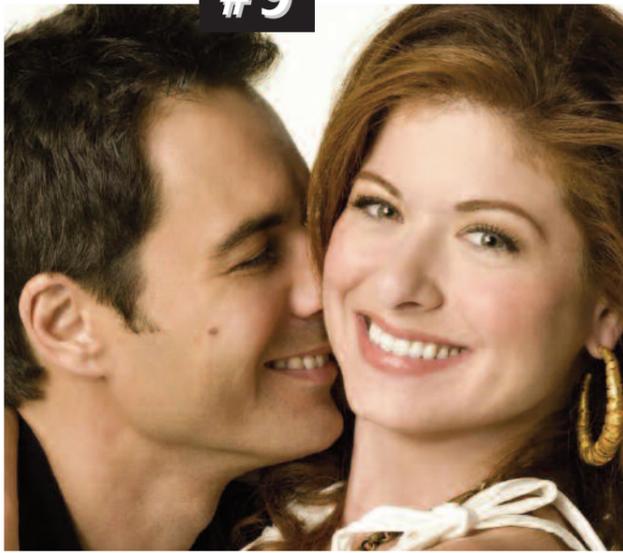
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10 best sitcom couples in modern TV history

Kristina Bostley
Campus News

The series finale of “How I Met Your Mother” on March 31 marked the end of a long-lived sitcom on primetime television. The series joins the ranks of some of the greatest comedies to be broadcast across the wires. Though a show’s comedic value is typically measured

#9



by a string of well-timed jokes, tied together by the actors who deliver them, it is ultimately the relationships between the characters with whom viewers tend to fall in love. Fans of these shows find themselves identifying with their different quirks and oddities, their lifestyles, and, of course, their ro-

matic relationships. Sitcoms have given pop culture some of the most iconic relationships to learn from and fall in love with. The top 10 TV couples of the modern era, in reverse order:

10. Chris and Carla Turk, “Scrubs”

The workplace is an environment that brings people together in close quarters for hours upon hours on end, so it’s no surprise that plenty of romances start there. Such was the case for Christopher Turk (played by Donald Faison) and Carla Espinosa (played by Judy Reyes) on the ABC comedy “Scrubs.” The two met on Turk’s first day at Sacred Heart Hospital, where Carla was already working as a nurse. Though Carla tried to resist Turk’s advances, the two fell in love, and eventually Turk proposed to Carla. The two were married at the end of season 3, but had a falling out the next season. The couple went to couples counseling and ultimately saved the relationship they had worked so hard to build. Turk went so far as to learn Spanish as a tribute to Carla’s

heritage, an act of love that proved Turk’s loyalty and respect for her. The pair had two children during the show’s tenure. Carla was notably absent for the last season of “Scrubs,” which was renewed despite rumors that its title character, J.D. (played by Zach Braff), was leaving the show.

9. Will and Grace, “Will & Grace”

For a time, Will Truman and Grace Adler had one of the best relationships on television – despite never actually being in one during the show’s broadcast. Will, played by Eric McCormack, and Grace, played by Debra Messing, were together for the entirety of the show’s eight seasons. The duo went through ups and downs, through messy relationships, career woes, roommate arguments, and major life changes, but they always had each other’s best interests at heart. A flashback scene in season 3 unveiled the fact that Will and Grace had once been a couple after they met at Columbia University. The two were engaged, but Will eventually came out to Grace, which ended their relationship for a time. When they reconnected in New York in the mid-1980s, the two became inseparable and formed a bond that blurred the lines between best friends and married couple – one that

#10



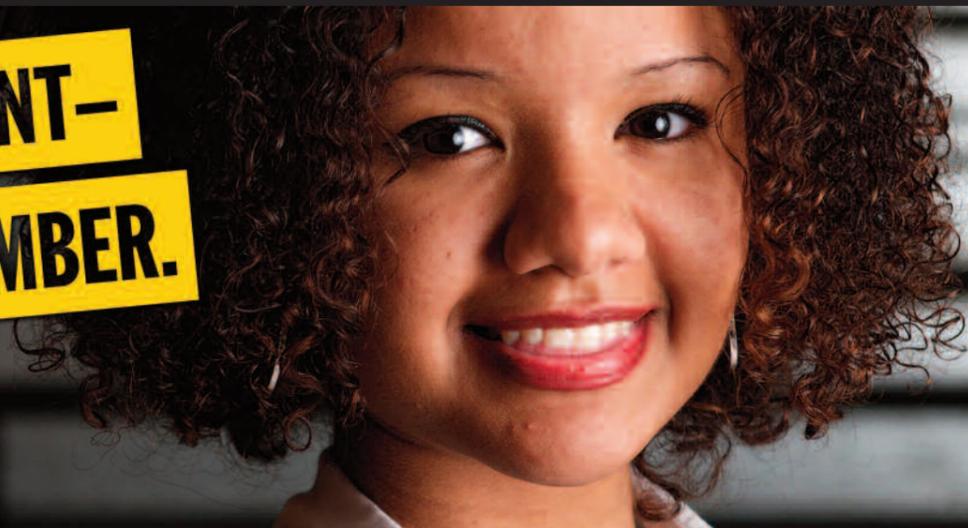
audiences loved despite its ambiguity.

8. Doug and Carrie, “King of Queens”

The New York-based sitcom “King of Queens” introduced us to the lives of Doug Heffernan and wife Carrie, a couple just trying to live their lives and doing so in the most hilarious of ways. Kevin James and Leah Remini starred in the Emmy-nominated sitcom that ran from 1998 until 2007. Doug was a deliveryman for IPS, International Parcel Service, and Carrie was a secretary working in Manhattan. Together, the two faced the challenges of married life, especially with Carrie’s father, Arthur, living under their roof. The two bickered constantly, often providing the audience with a good laugh at their expense. In a season 5 episode,

continued on next page

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Doug “lends” Carrie to his best friend, Deacon, who has separated from his wife. Carrie arrived in an attempt to help Deacon provide a Thanksgiving holiday his children would remember forever, but it turned out to be one Deacon wished to forget; Carrie’s antics only ended up frustrating Deacon, rather than helping him. It’s an episode that proves the relationship between Doug and Carrie was truly meant to be.

7. Mitchell and Cameron, “Modern Family”

From the moment “Modern Family” debuted on ABC, it was an instant hit. The show embraced its unusual family dynamics and made them the main focus of the show, rather than shy away from hot topics like age gaps, sexual orientation, and interracial couples. Mitchell and Cam are as different as they come, Cam

hailing from a farm in the countryside while Mitchell comes from suburban California. Cam was athletic in his school days and is not afraid to be himself, while Mitchell is a much more of a conservative in all aspects of his life. But the two balance each other out, especially when it comes to dealing with family issues involving their adopted daughter, Lily. During season 5, gay marriage became legal in California, and the show dedicated an episode to the hilarious debacle of which man should propose to the other. The couple faces issues that other couples – gay and straight alike – can relate to in today’s society, making them a well-loved and respected modern family.

6. Leonard and Penny, “The Big Bang Theory”

The blonde-haired beauty and the nerd are rarely seen hand in hand, but Leonard and Penny defied the odds and began a relationship spanning several seasons of “The Big Bang Theory.” When the buxom blonde moved in across the hall from Leonard and his pal Sheldon, it was love at first sight for Leonard, but not for Penny. Leonard stood by, offering a shoulder to cry on as Penny dated all the wrong men before Leonard finally gathered the courage to ask her on a date. As the episodes wore on, and Penny spent more and more time with the scientist across the hall, flames ignited between

the two. Though the couple has had their share of fights, and even broke up during seasons 3 and 4, they managed to break through the stereotypes that had threatened to keep them apart. Leonard and Penny help to make each other better people, and because of that, they built a strong foundation for their relationship.

5. Jim and Pam, “The Office”

Much like Carla and Turk, “The Office” spawned yet another workplace romance, this time between Jim Halpert (John Krasinski) and Pam Beesley (Jenna Fischer). Salesman Jim falls for the lovely receptionist Pam Beesley almost immediately, but Pam has a boyfriend, so chances of a relationship seem slim to none. Instead, the two begin building a friendship, platonic on the surface yet bubbling underneath with not-so-subtle romantic undertones. At the end of season 2, Jim tells Pam through an alcohol-induced confession that he loves her, and by the start of the next season he had transferred to another office. However, the two companies merged, and the couple found themselves working together again. Jim and Pam finally began a romance in season 4, and during season



5, Jim proposed to his love. They eventually get married and have a baby together, proving office love can last.

4. Uncle Jesse and Becky, “Full House”

When long-haired, leather jacket-

continued on page 14



Adriana '13
BIOLOGY, MINOR: CHEMISTRY
 First-year student, University of Glasgow
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President (cont.)

growing niche for the college. “Adult students can come to NCC to develop new skill sets or improve on existing skills,” he said.

A resident of Freeport, Saunders holds an Ed.D. in higher education from the University of Pennsylvania, a master’s of education from Howard and a bachelor’s in psychology and German from Bowling Green. He also attended Harvard’s Institute of Education Management.

In his spare time, he enjoys music, especially jazz, and cooking for the various guests a president tends to have visit his home.



He said that the best is yet to come for NCC. “There are many challenges ahead, in transitioning the college with a great 50-year history and one that has been open to all students to meet the needs of today’s students, many of whom are entering with deficiencies in English, writing and math, and getting them to the level required to succeed in college. ... This is a major challenge because it is a shift in the types of students we have had over time. We can help these students through new uses of technology and new educational modalities.

“That may mean that we need to find new resources for faculty, so that they can integrate technology into the classrooms.”

He also believes that the word has to get out to students who typically skip community college and go straight to four-year colleges.

“Traditional students get caught up in the image of, say, NYU vs. NCC - and NYU is a wonderful institution - but why not start at NCC? They will end up with half the level of indebtedness by taking their first two years at NCC, and still end up with a degree that says NYU after they transfer and graduate from there,” he said.

An academic credit at NCC costs \$171, while a credit at NYU costs \$1,251.

“Coming to Nassau Community College is one of the most economically sound decisions they can make, and they can see a return on their investment soon after their graduation,” Saunders said.

Technology in the classroom is a focus.

“The price of an NCC education is the best bang for the buck for students.”

The NCC Board of Trustees is expected to commence their presidential search in full this spring and summer, perhaps using two nationwide search firms. SUNY is expected to closely monitor the process.

Guest Professor



New York Cosmos Chief Operating Officer Erik Stover visited Prof. Jack Mandel’s marketing class recently as a part of Nassau Community College’s Guest Professor for a Day program. Stover discussed the future of professional soccer on Long Island to over 150 students, faculty and guests.



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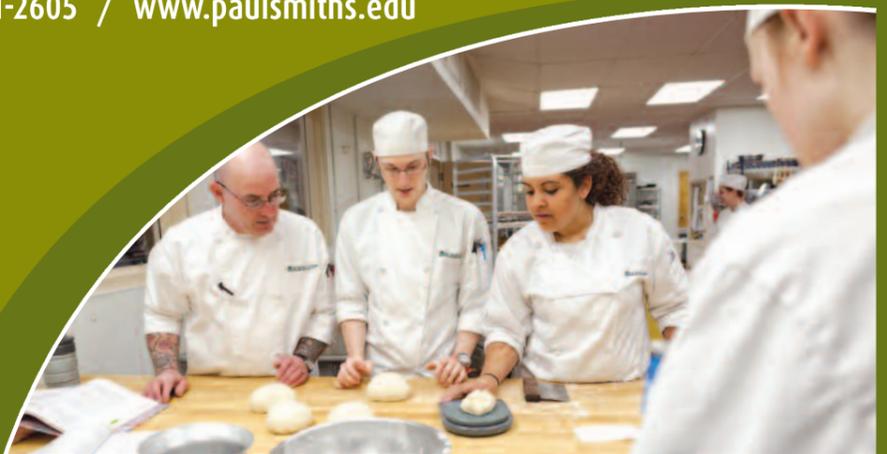
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When 'Mr. Nice Guy' gets a sense of entitlement

Marie Frankson
Campus News

Those of you who have been reading my articles for the past three years know that I'm not single and haven't been in a long time. Naturally, when a man makes advances towards me such as asking for my number, asking if I'd like to go out with him some time, or even demanding to give him a chance because he's "such a nice guy" and knows he can make me happy if I give him a chance, I tell him no...usually politely at first and my "no" gets more aggressive the more aggressive the guy becomes until I "lose" contact with him. This doesn't happen often...in fact, it's only happened to me three times. The first guy called me a b— after I told him I didn't want to talk to him and to stop contacting me—his conversations went from friendly banter to describing, in detail, what he wanted to do to me sexually. The second guy was someone who I considered to be a really close friend. I tried to play this one differently because we were friends, so when he invited me over to his place on a day when he knew everyone would be out, I told him, "I don't think my fiancé would approve"; he said that my fiancé was controlling and said I should make my own decisions based on what I want...my decision was still no. After

'A Nice Guy is someone who pretends to be nice but has an ulterior motive.'

some drama, this guy and I have only talked and seen each other once a year since this has happened. The third guy was someone I considered to be a close friend as well. For months he would tell me how amazing I am, how beautiful I am, how smart I am, how determined and hard-working I am, how he was in love with me, and how he'd wait for me no matter how long it took for me to "make the right decision" (read: to be with him as opposed to being with my fiancé). This went on for so long that I just couldn't get through to this guy that I wasn't interested. Eventually, actually this past Valentine's Day, he said to me that a lot of men in long-distance relationships cheat and that he didn't want me to get hurt by a guy who "thought with his little head" and then he declared his love for me and said he'd always be there for me. Basically, he tried to get me to question my fiancé's faithfulness (and to top it off, this guy didn't even know my fiancé). I told the guy that he really pissed me off, that I wasn't interested in him and never would be, and I unfriended him.

What do these three men, and many like them, have in common? They were all Nice Guys and they all felt entitled to something I wasn't willing to give them.

What is a Nice Guy? A Nice Guy is someone who pretends to be nice but has an ulterior motive. A genuine nice guy will be nice without expecting anything in return and, most importantly, a genuine nice guy doesn't constantly have to say how nice he is. A Nice Guy will

match his interests to yours in order to give a false impression that the two of you have a lot in common—he has no agenda. A Nice Guy will be nice to you in hopes that you will give in to their advances.

These men were probably told at a young age that if they were nice to (in this particular case) girls and women that the girls and women would want to date them and the men become frustrated when that doesn't happen. They believe that because they were nice to the girls and women—telling them how nice/beautiful/smart/caring/etc. they are, doing things for them, being there for them at every beck and call, etc.—that the girls and women owe them something in return. They feel entitled. "I was nice to _____, she HAS to go out/have sex with me!" Nice Guys view dating as a game, but it's not. Dating is a way to build a connection with someone. A one-sided attraction isn't a connection. You can't create an actual bond with someone if your way of doing that is to deceive them into being with you and thinking they are something to be won over.

Nice Guys say that every woman they've ever been with is a b— or a whore because she'll date guys he thinks aren't good guys (with no proof that the men the women choose to date are, in fact, jerks), and women only want to date jerks and so the "Nice Guy" just ends up in the friendzone.

Nice Guys are the guys who complain about being "friendzoned," as if being friends with a woman is a bad thing. For them, though, being friends with a woman is a bad thing because they don't want to be friends at all. A Nice Guy complains that women friendzone him because he's too nice, but really, it may be for a number of reasons. Incompatibility and lack of attraction are two reasons. Let's face it, you're not going to be compatible with everyone you encounter and you're not going to be attractive/attracted to everyone you encounter. Everyone has a type, and you just may not be that person's type, and that's okay. You may also be friendzoned because the other person doesn't know you want to be more than friends. People are not mind-readers, you have to tell the other person how you feel. You can't not be forward with a person and resent the same person for putting you in the friendzone; if you can't ask someone out and be forward about your intentions, that's not the other person's fault. Chances are that if you're in the friendzone, you put yourself there—either by becoming attracted to someone who wasn't available or because you became attracted to someone who wasn't attracted to you.

Here is something that will blow your mind: no one, regardless of gender, is required to date or sleep with someone they don't want to even though the person was nice (or "nice") to them. Dates and sex are not a commodity that women give out to guys who are nice. The truth is that some people you're nice to will be attracted to you and others may not be attracted to you...and you're still not entitled to anything—the person who is the object of your desire doesn't

owe you anything.

There is a larger context for this type of behavior, and that is rape culture, misogyny, and sexism.

We live in a culture where too many men feel they have a right to women's bodies. We live in a culture where too many men feel that by giving women unwanted attention and gifts that they can buy her time and affection and that she is obligated to reciprocate regardless of how she really feels. We live in a culture where too many men feel that women are for sale at the price of some carefully chosen words that he doesn't necessarily mean anyway. We live in a culture where a woman who turns down a guy she's not interested in is called mean names by the guy. We live in a culture where there is an alarming tendency for men to convince themselves that giving a woman unwanted attention and ignoring her rejections makes him nice...but it doesn't, really. It makes him persistent and shows that he can't take "no" as an answer. We live in a culture where too many men feel as though women's purpose is to cater to them, and when the women don't, then the men go on tirades about how "women just want to date jerks" because the man's hurt feelings are more important than the woman's "no."

A man who can't take "no" for an answer when it comes to romantic gestures is definitely not a turn-on. If you keep pursuing a woman who isn't interested in the hopes that she will magically become interested isn't a turn-on. If you can't take "no" for an answer in those instances, where else will you not take "no" for an answer? While following this line of thought, it's important to note that a lot of Nice Guys think of themselves as being nice for not raping a woman; or they don't see themselves as being guilty of sexual assault because they were gentle with their unwanted, non-consensual groping and only view sexual assault as a violent act. A man who believes that a woman owes him a relationship or sex for being nice is a sexist construct because it follows the generalization that women want closeness and emotional support and men want sex...and that a friendship instead of a romantic relationship is a failure. Many Nice Guys believe that women who express sexual interest, toward men other than themselves, are sluts and whores because of the generalization that women are not supposed to express their sexuality or any interest in sex.

We live in a society where genuine



nice guys see the behavior of the Nice Guys, are disgusted by it, but don't stand up to it nearly enough. However, thankfully, we also live in a society where plenty of people, male and female, do stand up to the Nice Guys and point out things to the Nice Guys, such as no one is owed love and sex, and that loneliness and unfulfilled desires are painful but consent is important. Requiring mutual consent for relationships and for sex will mean that some people won't get their romantic and/or sexual desires fulfilled at any given time, or maybe even not at all, and that it's okay because everyone feels the same pain from that at some point in their lives. It's okay to feel hurt in a situation where you're experiencing unrequited love, but you don't have to lash out at the person who is the object of your desire for not liking you back.

This may be news to some people but, Nice Guys, you are not the only people on the planet. In fact, there are billions of us. All of us have been rejected, have been used, and have had our hearts broken at some point in our lives. It does hurt, but most of us realize that we're not owed a romantic partner and that we can't force others to like us.

A word of advice: if you find yourself in failed relationship after failed relationship after failed relationship and you can't figure out why, maybe you should look inward to yourself; maybe it's not the other person's fault, maybe it's your own fault and you don't even realize it. Examining yourself and your personality and mistakes you may have made can help you out a lot in any relationship, whether you've been with someone for a while or whether you've endured several break-ups. Throughout life, the most important relationship you will have is the one you have with yourself, so make sure to work on that one and like who you are before you try to figure out the ups and downs of romance. And there will be ups and downs. If you don't like yourself, or if you're really a jerk and think you're a nice guy, others aren't going to like you either, and they will be able to tell your true personality in time.

Top sitcom couples from the modern era (cont.)

continued from page 11

wearing, motorcycle-loving Jesse Katsopolis met Rebecca Donaldson for the first time, he greeted her with his signature “Have mercy!” The bad boy was enamored by the sweet and smart talk show host almost immediately, but it took a bit of time and coaxing before the two became an item. Becky soon became the mother figure the Tanner girls so desperately needed, and she became the voice of reason for all three men living there as well. Jesse and Becky nearly eloped at the end of season 2, but decided against it at the last minute. Two seasons later, they did get married, and they made the full house even fuller when Jesse and Becky discovered they were expecting twins. They briefly moved out of the Tanner household, only to discover they missed the hustle and bustle of living with the family. They moved back into the Tanners’ house, into the converted attic, and remained living there for the duration of the show.

3. Marshall and Lily, “How I Met Your Mother”

Though the suspense built up through every episode of “How I Met Your Mother” – the mystery of who and how Ted met his children’s mother is demonstrated the title of the show itself – it was often the relationship of Marshall Eriksen and Lily Aldrin that fans truly came to appreciate.



ate. While Ted and Barney went on date after date searching for the right girl, Marshall was comforted by the fact that he had already found his one true love. In the pilot episode, the audience found out that the couple was engaged after dating throughout college. However, they break up at the end of the season when Lily decides to study art in San Francisco. She returned a few months later, and the two rekindled their (as Barney would say) legend-wait for it-ary relationship built on trust and true friendship. Lily and Marshall welcomed a baby boy named Marvin during season 7, and it was revealed in the final season that Lily was pregnant again. The two face life’s challenges together, hand in hand.

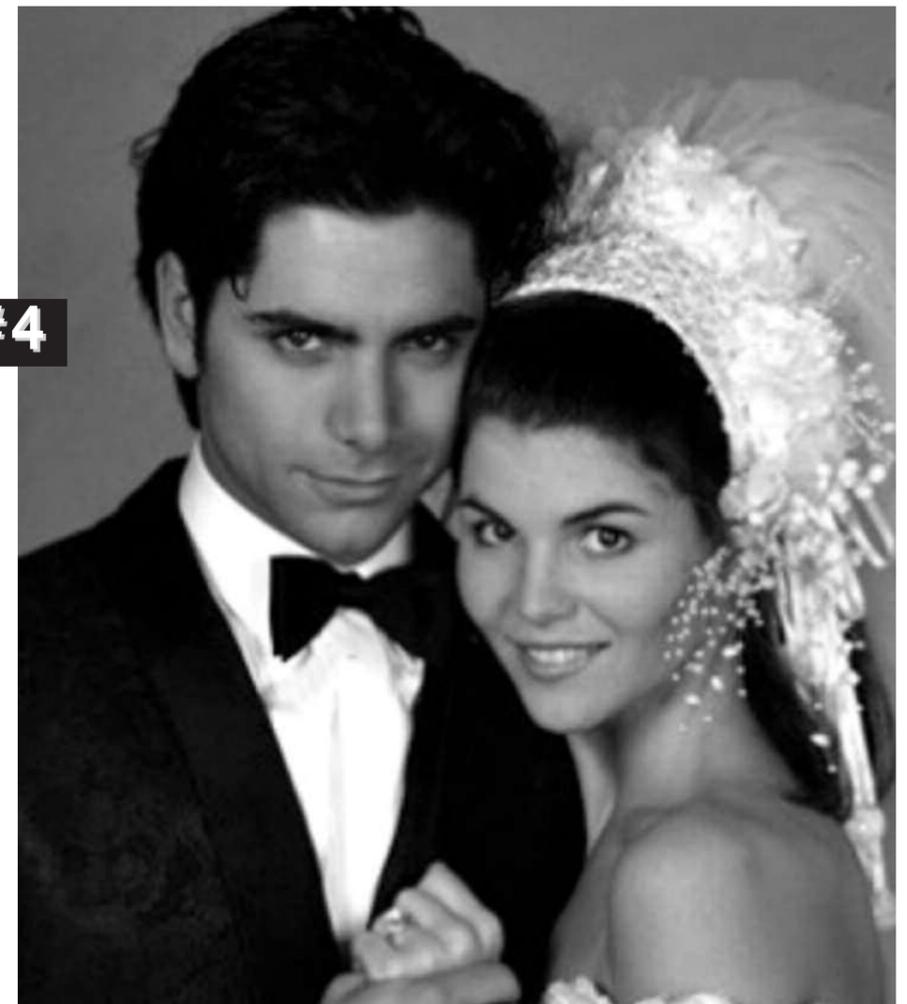
#5



2. Ross and Rachel, “Friends”

When “Friends” premiered in 1994, it set the pop culture world abuzz with new hairstyles, catchphrases (“How you doin’?”), and, of course, the relationship status of Ross and Rachel. Ross Gellar had been in love with Rachel Green back in high school, but it was not until the two became friends later in life that Rachel ever saw Ross in a romantic light. Once she did, though, it was often hard to keep track of which direction their relationship was going during the series. The two dated and broke up, and both moved on to different relationships. Ross accidentally said Rachel’s name during his wedding to another woman, which caused much controversy and ultimately Ross’s second divorce.

#4



#3

Rachel and Ross drunkenly got married in Las Vegas in season 5, and subsequently had it annulled in season 6. A month before Monica and Chandler got married, Ross and Rachel slept together, and Rachel became pregnant. In the last episode, Rachel moves to Paris despite Ross’s attempts to keep her in New York. However, a dejected Ross returned home, followed by Rachel, who got off the plane after she realized once and for all that she was meant to be with Ross.

#2

1. Cory and Topanga, “Boy Meets World”

Grade school sweethearts Cory Matthews and Topanga Lawrence ruled Friday nights when “Boy Meets World” was on the air as part of ABC’s TGIF primetime lineup. The show, which originally began as Cory’s coming-of-age story as he made his way through school, provided pop culture with one of the greatest couples in television history. Audiences watched the two grow throughout middle school, high school,

#1



and college, navigating life’s challenges together. Cory and Topanga broke up three times throughout the show after they began dating in season 3, but always found their way back to each other. In a shocking twist, the normally level-headed Topanga proposed to Cory at their high school graduation, but faced the disapproval of Cory’s parents, who believed they were too young to get married. Instead, they

waited until season 7 to get married. The sitcom ended in 2000, but left such a lasting impression on audiences that ABC ordered a spin-off, “Girl Meets World,” that follows Cory and Topanga’s daughter as she navigates through life much like her dad. Cory and Topanga will once again grace the screen in the new sitcom, set to premiere in 2014.

So what should we call an ‘adjunct’ exactly?

David L. Podos
Mohawk Valley CC

Colleges all across America rely on Adjunct faculty. On many campuses Adjunct faculty make up more than 60% of all Instructors/Professors, and that number is growing! Much of this growth has become an economic necessity for many of our institutions of higher learning, rather than the benevolence of the school itself. Putting it bluntly, Adjuncts save colleges money because they typically get paid less than half of full time faculty wages and compensation, and, they usually receive no benefits. In many cases they are often looked upon as an essential evil, often watched closely with a wry eye by their full

time colleagues and administration. They ride the rocky ocean waves defending for themselves, all the while (for most), not having a union watching their backs, though thankfully this is starting to change as we see more Adjunct faculty in the process of pushing for unionization, and getting it. That is not to say that all colleges look at these dedicated professionals like a specimen slide under a laboratory microscope. For sure many colleges and universities do recognize the contributions that these dedicated professionals bring into the classroom each and every day.

For any student who is curious as to what all the hoop-la is regarding my position on Adjuncts and how that has anything to do with the quality of your education, head over to the Campus News archive titled “PDF issues”; there you can read my Op-Ed “Adjuncts and Student Retention” which I wrote back in December of 2011; it is Volume 4, Issue 4.

And while I am tempted to just send off to our beloved editor/publisher Darren Johnson a somewhat edited version of that Op-Ed for the April issue, I shall not. Instead I want to focus on language. You see language means so much; it is the way we communicate to one another, and how we feel and attach meaning and importance, (or lack thereof) to so many things. And of course colleges have their own peculiar language just like so many other professional institutions have.

Amongst this language we can find the language used to define the Adjunct faculty member. Wikipedia describes Adjunct Professors/Instructors as those who do not hold a permanent position at an institution of higher learning. I guess on the face of it that sounds somewhat benign, certainly nothing egregious nor demeaning. But as we peel the onion skin back it becomes a bit more, let me say, ugly, as the language used by many colleges tends to denote something other than a benign description, and here is what I mean.

Many schools refer to their Adjunct Professors/Instructors at best as temporary employees, contingent workers, and at its worst, as seasonal employees. Of course there are those Adjuncts that in fact only get one teaching assignment, Instruct for that semester and are gone, never to be seen on campus ever again. For Administrations to refer to them as seasonal or contingent you will get no argument from me, but, what about those Instructors that have taught for years on just one campus. Do we still need to use language that refers to them as contingent, temporary, seasonal? I think not. That kind of language just distorts the reality of who these “temporary” Instructors really are. And don’t

people evaluate and judge others based upon title and position? Of course they do, and when I was working in the private sector it happened all the time right or wrong. And it definitely happens within our intuitions of higher learning. I suggest that if any Adjunct has instructed at least for two straight academic years on the same campus, they have earned the right to be referred to as part time faculty and listed as such on any communication such as college catalogs and any online electronic directory listing faculty members.

Furthermore, just like their full time colleagues, they should have a brief biography, citing their education, achievements, and life experiences. That language goes a long way for several reasons. First, it includes and, more importantly, recognizes the Adjunct faculty. (Now that’s saying something about collegiality, another smidgen of higher education language that simply means the cooperation and support of colleagues.) Second, it shows the students that this college has qualified faculty throughout, including part time faculty, just in case a student should question an Adjunct’s qualifications.

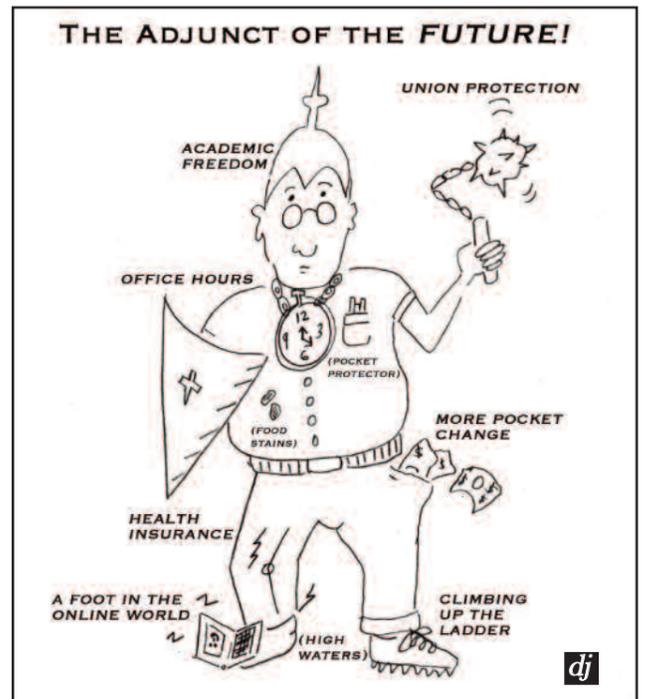
From my own personal experience, this happened to me. Before coming to Mohawk Valley Community College I instructed at a private two year business college. In my first two years there I was referred to as an Adjunct; beginning my third academic year of teaching I now noticed I was referred to as part time faculty and was listed in the colleges catalog (fac-

ulty section) as such, right along with the full time faculty, as well as in an electronic version located on their web site.

Of course being listed like this does not make me or any other Instructor/Professor smarter nor does it put any additional money and or perks in our pockets. What it does though is just as valuable. It gives legitimacy to that teacher, and that is something that money can never buy. In a time when Adjuncts are surpassing the number of full time faculty on our college campuses (for whatever reasons), I think it is high time to give them the a bit more recognition other than labeling them as temporary workers, contingent, or seasonal, and that simple but profound language goes a long way to demonstrate true collegiality.

David L. Podos is an adjunct instructor for the Center for Social Sciences, Business and Information Sciences at MVCC.

‘Should part-time staff get equal billing on the college web site?’



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Using digital methods to protect women

Cathryn Walker

Scripps Howard Foundation Wire

A new program will allow women around the world to receive emergency care by simply pushing “send.”

A victim of extreme physical abuse can send an email message to the Global Partnership to End Violence Against Women to ask for emergency funds of up to \$5,000 for medical care, legal assistance, shelter or evacuation. She will also be connected to a long-term care provider.

The partnership, a collaboration between Vital Voices Global Partnership, the Avon Foundation for Women and the U.S. Department of State, announced the Gender-Based Violence Emergency Response and Protection Initiative in March in an effort to end violence against women.

“Advancing gender equality is not only the right thing to do, it is the smart thing to do,” William Burns, deputy secretary of state, said. “The Gender-Based Violence Emergency Response and Protection Initiative builds on these efforts.”

‘A victim of extreme physical abuse can send an email to ask for emergency funds of up to \$5,000 for medical care, legal help, shelter or evacuation.’

The initiative is the first emergency response program of its kind, Cindy Dyer, vice president of human rights for Vital Voices, said.

“The statistics shock me,” Fergie, the singer and an Avon representative, said. “One in three women will be a victim of partner violence in her lifetime. That is totally unacceptable.”

A 2013 study by the World Health

Organization found that 35 percent of women worldwide have been victims of physical or sexual violence and 38 percent of murdered women were killed by an intimate partner.

Dyer said in an interview that the rate of domestic violence doesn’t significantly vary from country to country, but the resources available to help women recover do. The initiative is building an advocacy support training program for cities in India, Nepal, South Africa and Mexico.

Although the initiative launched recently, efforts began at the end of January.

Two victims have used the emergency resources in the past month. When a 15-year-old Syrian girl and a 3-year-old Somali girl were raped in separate incidents and left with serious injuries, the initiative provided immediate financial assistance for medical care. Both girls are now in shelters with their mothers and have been paired with service providers.

Speakers at the event launch event said that, although emergency funds and

shelters are crucial to advancing their efforts, the only way to end violence against women is prevention.

“There are laws to protect women and punish their abusers in many countries, but they aren’t applied ef-

fectively and consistently,” Fergie said. “The new Justice Institute on Gender-Based Violence is designed to ensure that laws achieve their purpose and their promise.”

Dyer said she is confident that the training program will teach lawmakers and community members how to enforce punishment and promote a culture of nonviolence.



Fergie. Photo by Author.

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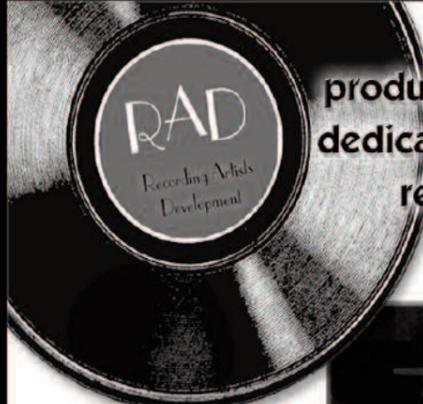
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The grass may be greener upstate – or not

Darren Johnson
Campus News

I've written these weather-type opinion pieces before, only to get bitten by Mother Nature.

As I am writing this, I have been waking up to frigid temperatures every day in what seems to be the never-ending winter.

But by the time this goes to print and you read it – watch – it will be a toasty 80 degrees.

But let me get this piece out anyway before the sun's vitamin D lightens my mood and makes me totally forget – there is a difference between living upstate and downstate in New York.

I've lived about equal parts of my life in both places, plus venture all over the place for Campus News. Driving in February, while this is unusual, all in one day I went from 20 degrees to 60 degrees to 20 degrees again while never leaving the state. Downstate just gets different weather.

In recent years, I have noticed many of my former Long Island friends and former students moving upstate for various reasons.

Here are the plusses of upstate vs. downstate:

Affordable housing. There is a nice, move-in-ready house in my upstate neighborhood about a block from the Hudson River going for about \$120,000. This is not far from famous resorts including Lake George and Saratoga Springs. The schools in the area tend to rate very well, if you have kids, and it's not far from Albany, a medium-sized city that has lots of colleges and some decent jobs. Try to find a house downstate under \$300,000 that is in a good school district and ready to move into. And taxes are usually

higher downstate, too.

Space. It's easy to find the wilderness upstate, and there is very little traffic most of the time. Park where you want.

Bargains. Most things are a few bucks cheaper upstate; meals, movie tickets, even my National Grid bill seems a little better than when I lived in a smaller house on Long Island. Now, the argument could be made – wouldn't you rather pay more and get a better product? I find this true of bagels and pizza – I'd rather pay downstate prices for those items, and get downstate quality. But upstate, there are some regional specialties – the Buffalo chicken wings are better, for example, or tomato pie and half-moon pastries in the Mohawk Valley.

But the big minus is the weather.

Sure, downstate had some super storms, like Sandy, and plenty of snow in recent years, but, I'd say on average it is about 10 degrees colder upstate (by upstate, I mean the habitable area past Rockland County, though not the Adirondacks or beyond).

That 10 degrees can be the difference between rain and snow.

So, upstate you get a later spring and an earlier fall, thus less of a summer.

During harsh winters, like this past one, it can send you into a state of melancholy.

I also find it is worse for health, as I do a lot less outdoor activity now. While I live near some nice trails, they are either iced up or at least muddy half of the year.



Upstate has rivers.



Downstate has ocean access.

'Downstate people don't fool around. They aren't impressed easily, and expect the best.'

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Another minus could be the lack of economic opportunity upstate and the distance between cities. Even if you find a great job; say, for whatever reason, you have to leave it. Could you find a similar job within commuting distance? Downstate, as the population is so dense, the odds are better.

On the other hand, it may be easier to start certain types of businesses upstate. Office space is cheap, and you can hire employees for a good deal less than what they would expect downstate. You could always ship your product to your connections downstate.

If you are considering a move upstate, either for college or to live, create a pros and cons list and decide for yourself if the move is worth it.

Of course, you could find million dollar houses upstate, too, and realtors will try to get you to buy over your head, but if you move upstate with a reasonable plan and keep a tight wallet, you could make a go of it.

For upstate readers reading this article, here is why you may want to consider a move downstate (for the sake of this article, "downstate" is New York City, Long Island, Westchester, Rockland and Northern New Jersey):

The Big-Time. The New York Metro Area is the big time for a number of fields. Sure, if you move downstate, you may have to live in tight quarters for awhile, but if you truly are good, the potential for reward is greater.

Sophistication. Downstate people don't fool around. They aren't impressed easily, and expect the best. That attitude could be good for a

young worker looking for focus, and it can't hurt to be a bit more worldly.

Diversity. Every culture you could imagine lives in the Metro Area. You will experience so much, and also become a lot more understanding of people in general. You will develop a more opened mind, and that's a good thing.

Beaches. Upstate, a little, dank spot on the lake is considered a "beach." Downstate, many communities actually touch the ocean. It's night and day the difference.

The City. This can't be underestimated. My family and I used to regularly go into Manhattan for shows and other attractions, to Yankees games, the Bronx Zoo. Now we rarely go. While we have compensated a bit by going to off-Broadway touring shows that are about as good as the real thing and finding other attractions (horse racing is kind of cool where we now live), I do feel out of the loop now when I pick up a New York Times.

And other little things will get to you if you move from downstate to upstate; not just the inferior pizza and bagels, but also the TV commercials look like they were shot by Uncle Joe on VHS. The news is also less well

'On the other hand, it may be easier to start certain types of businesses upstate.'

done. I have made NY-1 my TV's default channel.

But, in the end, you could always visit one region or the next. The Thruway goes both ways.

Fiction: 'The Disappearance'

Craig Fortran
Special to Campus News

A few weeks prior to his disappearance, Arnold Leone had bought some medical supplies in various places. He got a needle and syringe while he was at a trade conference in Atlantic City. He picked up some vials at a small medical store off of the Thruway. Always paying cash. Tearing up and tossing out the receipts right away in street-side receptacles.

He'd squirreled away money, forgoing his \$5 breakfast and \$10 lunch for over a year, and was surprised he only lost a few pounds during that time. (Secretly, he was hoping he'd lose the spare tire around his waist.) He'd get \$10 here and there at places like CVS when they offered cash back for using his debit card.

By March, he had over \$4000 in money no one knew about.

He'd picked up a used rifle from a guy off of Craigslist in Vermont, using an anonymous email address.

"This will fire at least one shot?" he asked he guy.

"Yeah, it will fire five in a clip," the guy said, moving his weight from his right to left foot over and over and unable to maintain eye contact.

"I only need one shot," he said, giving the guy \$50 in \$10 bills. The guy included a bullet.

Arnold Leone kept the money and the gun and the vials - which he had filled with his own blood during the lunch breaks when he ate nothing - in the spare tire compartment of his trunk, in a black plastic Lawn & Leaf bag.

He also had a good deal of clothes in there; items he had picked up in thrift stores over time, while he was traveling, paying cash, no receipt.

And then, one Tuesday, when he had decided that his kids were old enough to fend for themselves, when he was due to go into the corporate copywriting job he hated, after he looked in the mirror and wondered where his hair had gone, after his wife once again was sitting and watching TV while he put on the same green shirt and black tie he always wore on Tuesdays, nary a goodbye as he grabbed a couple of pieces of bread he had turned into toast, he

dutifully went to work. As he had for the past 20 years.

He chatted with people. That basketball game was a doozy. It's Merriam's birthday? What kind of cake is that? He logged on his computer as the sun came up. He logged off the computer as the sky darkened. By then, no employees were left. The tap tap tap at keyboards had stopped.

He walked out to the parking lot. Took one vial of blood. Poured it near an oil stain in the lot. Broke his car window with his elbow and sprinkled some of the glass on the blood pool.

He calmly drove to the river. The cold air from the broken window didn't matter. Pulled off on a dirt road, behind an abandoned gas station he had once scouted out, pulled the car close to the river so that one of the bald tires was stuck in the mud.

Before he got out of the car - a rusting Ford Taurus with 187,000 miles - he slipped on a pair of sneakers two sizes too big. He splattered a little of his blood from his vial on his work shoes and tossed one in some high grass near the river.

He put the other work shoe in the Lawn & Leaf bag, and then dragged the bag along the mud to the river. The mark it left resembled a body being dragged. He sprinkled more blood on the path. He was sure to leave size 13 footprints at the scene, even though he normally was a size 11.

He pulled out the rifle and fired a bullet into his driver's seat. And then he poured the remainder of the blood onto and around the bullet hole. He pulled all of the cards and IDs out of his wallet, tossed them everywhere, kept the cash. He tossed the disjointed wallet into the grass, near the bloody shoe. He left the car running. For a second, he felt sorry for the dead self he imagined - beaten and killed for the few bucks in his wallet.

Then Arnold Leone put the empty vials and the emptied rifle into the bag and walked off with it in the night.

By 8 p.m., his wife would try to call him, at the office and then his cell phone. Neither answered, the latter in the river.

By then, he had walked along a wooded trail for several miles. He buried the size 13 shoes in one place. He tossed the rifle into a muddy creek at another point. The vials, he smashed on a big rock

where, at one time, Pabst Blue Ribbon and Budweiser bottles had been smashed, the name Jay spray-painted on the rock and faded.

He burned the green shirt and the black tie with some lighter fluid he had. He added his work pants and socks to the mix. The remnants and ashes he threw in the creek. The other work shoe was filled with rocks and pitched in, too.

He put on his thrift store clothes: a maroon, long-sleeved shirt that said Lamar College on it with yellow stripes on the sleeves, baggy blue jeans with a black cloth belt, tube socks and size 11 white Nike sneakers, which actually weren't in bad shape for the \$7 he'd paid.

By 5 a.m., the police found the Taurus, still running, and called Mrs. Leone back with the bad news. She screamed, waking up Andrew, 18, and Melanie, 19. They rushed to the location in Mrs. Leone's new Viper. Yellow police tape and red lights and mud everywhere, the Taurus sputtering to a stop on its own. She fell on her knees into the mud.

By then, Arnold Leone had made it into the next county. He did not have an exact plan as to where he'd end up, but knew he'd eventually find civilization.

Civilization was a faded small city that had once had 100,000 people and now only had half that, with many abandoned buildings, but a train stop and an automated ticket machine. He put a \$10 bill into the machine and got a pass. He fished yesterday's newspaper out of a garbage can to read. By 6:10 a.m., he was on the next train, heading about an hour south to a major city. The ticket taker barely looked at him when he grabbed his ticket. Click click.

In that big city, he exited out into a greasy station, the screeches of trains, commuters rushing. He walked up onto the street, went into a mom-and-pop greasy spoon for a burger and fries. Three big beers: Pabst Blue Ribbon. Took a cab to the bus station. Took the bus to a state where illegal immigrants are plentiful. Where they can get car licenses, insurance, working papers.

His name was now Paul Santacruz. Paid \$200 a month to live in an old lady's basement. Cash. The rent would normally be more, but he also mowed her lawn and ran the occasional errand. She let him have an old TV from her garage. It picked up

three channels, but they were good enough.

He did a ledger one night. With what he had saved as a cushion, he would only need to work about 16 hours a week to maintain a lifestyle in a place where it was always warm. Maintain an old Oldsmobile 800 with no hubcaps he'd gotten for \$500 from a junkyard. Cash.

The 16 hours he spent doing the overnight shift twice a week at a gas mart. Free fountain drinks.

He never wrote copy again. Instead, he'd submit his stories as a freelancer to obscure magazines over the Internet. He'd gotten a Gateway 486 for \$5 from a yard sale, big tube monitor, and the neighbor let him tap into the wi-fi no problem. Password: Starlight. The checks came in, cashed at the local bodega for 5 percent. To Paul Santacruz.

He saw on social media once that his wife now had a web presence. Relationship Status: In a Relationship. Some pictures of a guy that looked better than him. He was happy for her. The kids had colleges now listed on their social media profiles. Before the disappearance, they mostly just hung around the house, ate, watched TV. Despite his fading protestations.

And Paul Santacruz would occasionally go the Applebee's near the highway, occasionally meet up with Brenda, who also was alone. Sometimes she'd take him home with her, and they'd get intimate, and he'd mow the lawn there as needed.

If they got married, he once told her, Paul Santacruz could apply for citizenship. Wouldn't that be great? But then they laughed it off, having both been married horribly before, and, besides, Brenda had once looked at his computer's search history. Saw the Leone pages he visited.

Googled the articles about the disappearance. That the cops finally declared it a murder several months later, giving up on finding a body, and Mrs. Leone got a decent insurance settlement and access to the 401K. He died a hero to them.

On the Internet, Brenda saw the picture of the balding Arnold Leone with the spare tire, in black and white, and had always associated black and white photos with dead people.

But she never let on. And Brenda and Paul Santacruz went on dating, occasionally, and the checks from obscure magazines kept coming in the mail. It was a life.

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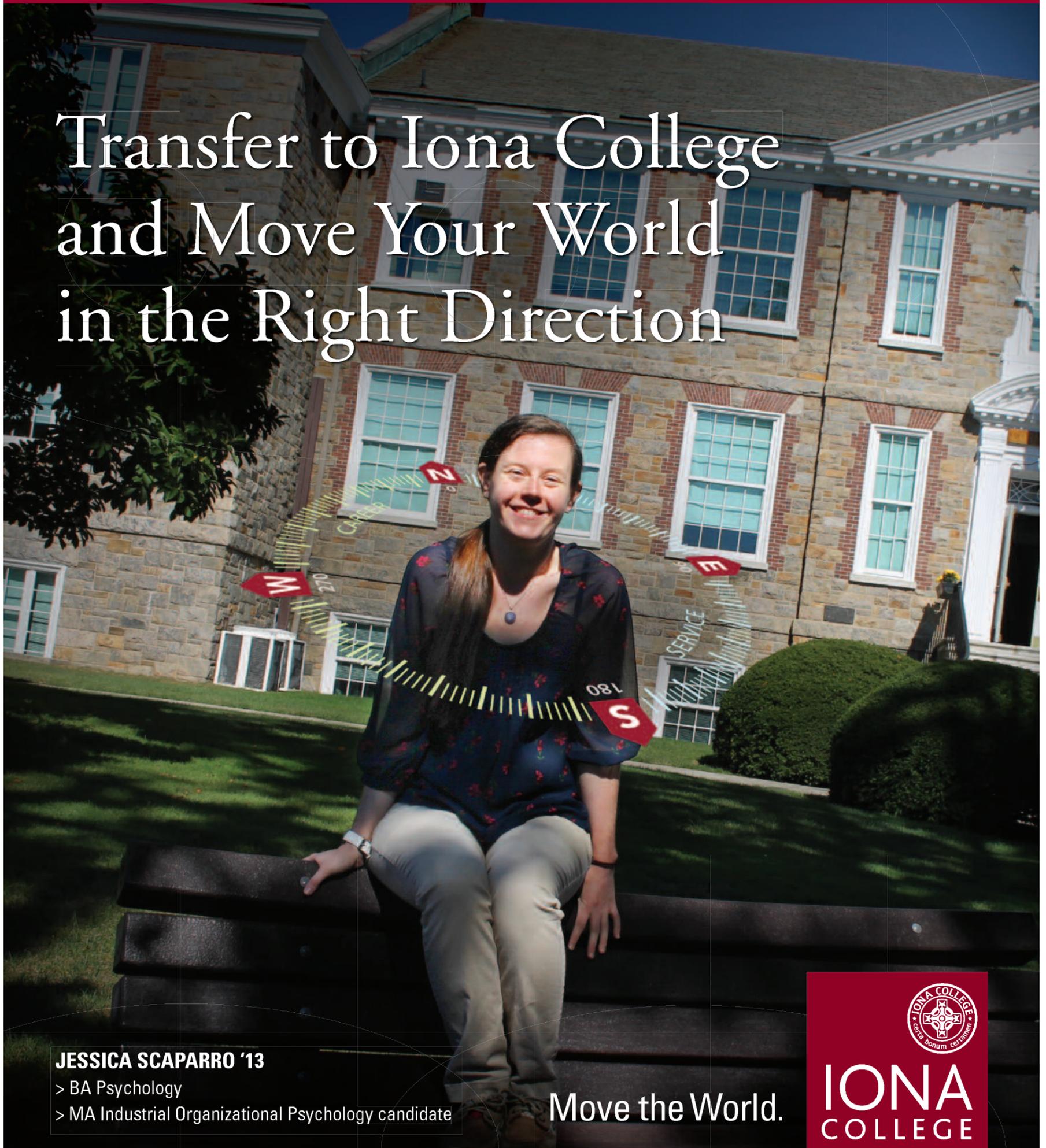
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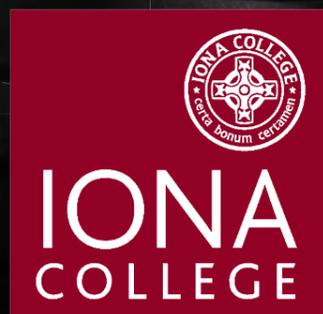
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